

# School Counseling

## Mission

The Illing Middle School Counseling Program is data-driven to provide developmentally appropriate, preventative and responsive counseling services to all students resulting in academic achievement, personal growth, and in college and career readiness.

## Beliefs

The School Counselors at Illing Middle School believe:

- School counselors are advocates for every student.
- All students have significance, worth, and the potential to achieve success.
- All students – regardless of age, gender, race, ethnicity, or sexual orientation – shall have equal access to all services (academic, career, and personal/social) provided by the counseling program and the school.
- The school counseling program serves a central role in meeting students' developmental needs through interventions in academic, career, and personal/social domains.
- Learning experiences should be designed around the students' needs in such a way as to make them personally meaningful to our students.
- All students learn best when positive relationships are present and fostered daily by adults in our building
- School counselors recognize the unique strengths and abilities possessed by each individual student as tools to achieve their goals.
- The American School Counselor Association ethical standards should guide the work of the school counseling program and school counselors.

*All Support Staff, maintain confidentiality in accordance with ethical guidelines and legal requirements.*

*Exceptions to confidentiality are:*

*-Harm to self or others*

*-Abuse or neglect*

*-Subpoena, court or other legal proceedings.*

# Programs and Services

## **Individual Counseling**

School Counselors provide a supportive and confidential environment where their students can discuss personal and social concerns, educational and career goals, and academic difficulties.

## **Small Group Counseling and Lunch Bunch Sessions**

Throughout the year, groups are created based on teacher, family, administrator referrals, and student requests. Lunch Bunch is more informal, open to interested students, and occur during each team's lunch periods at different points in the year. These are the following topics that are typical in any given school year:

Social skills

Friendships

Changing families/Divorce

Organization

Grief

Conflict Resolution

Anger

Study Skills

## **Classroom Guidance and School-Wide Programs**

Throughout the year counselors will provide lessons and programs, within the classroom, that reflect upon the needs of the students and the school. These lessons and programs may include the following topics:

Bullying

Career Exploration

Self-Awareness

Preparation for High School and Higher Education

Learning Styles/Study Skills

Character Development

## **Career Development**

School Counselors utilize Naviance, a web-based platform for all Manchester Public School students in grades 6-12 to identify their strengths and align their interests to long-term college and career goals. Students have the opportunity to take interest inventories and explore career and higher education opportunities. Parents and students may access this resource at home by logging on to Naviance.com. Please contact your child's School Counselor if they have forgotten their login ID and password.